

**Food ID:** F196**Food name and Description:** Pork, suckling, kidney**Scientific name:** *Sus scrofa scrofa***Alternate/Common name(s):** Baboy litsunin, bato**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	79.3
Energy, calculated (kcal)	95
Protein (g)	15.9
Total Fat (g)	3.4
Carbohydrate, total (g)	0.3
Ash, total (g)	1.1

**Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0

**Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	17
Phosphorus, P (mg)	200
Iron, Fe (mg)	2.2
Sodium, Na (mg)	121

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	35
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	35
Thiamin, Vitamin B1 (mg)	0.32
Riboflavin, Vitamin B2 (mg)	2.57
Niacin (mg)	7.8
Ascorbic Acid, Vitamin C (mg)	0

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.09
Fatty acids, monounsaturated, total (g)	1.12
Fatty acids, polyunsaturated, total(g)	0.27
Cholesterol (mg)	334